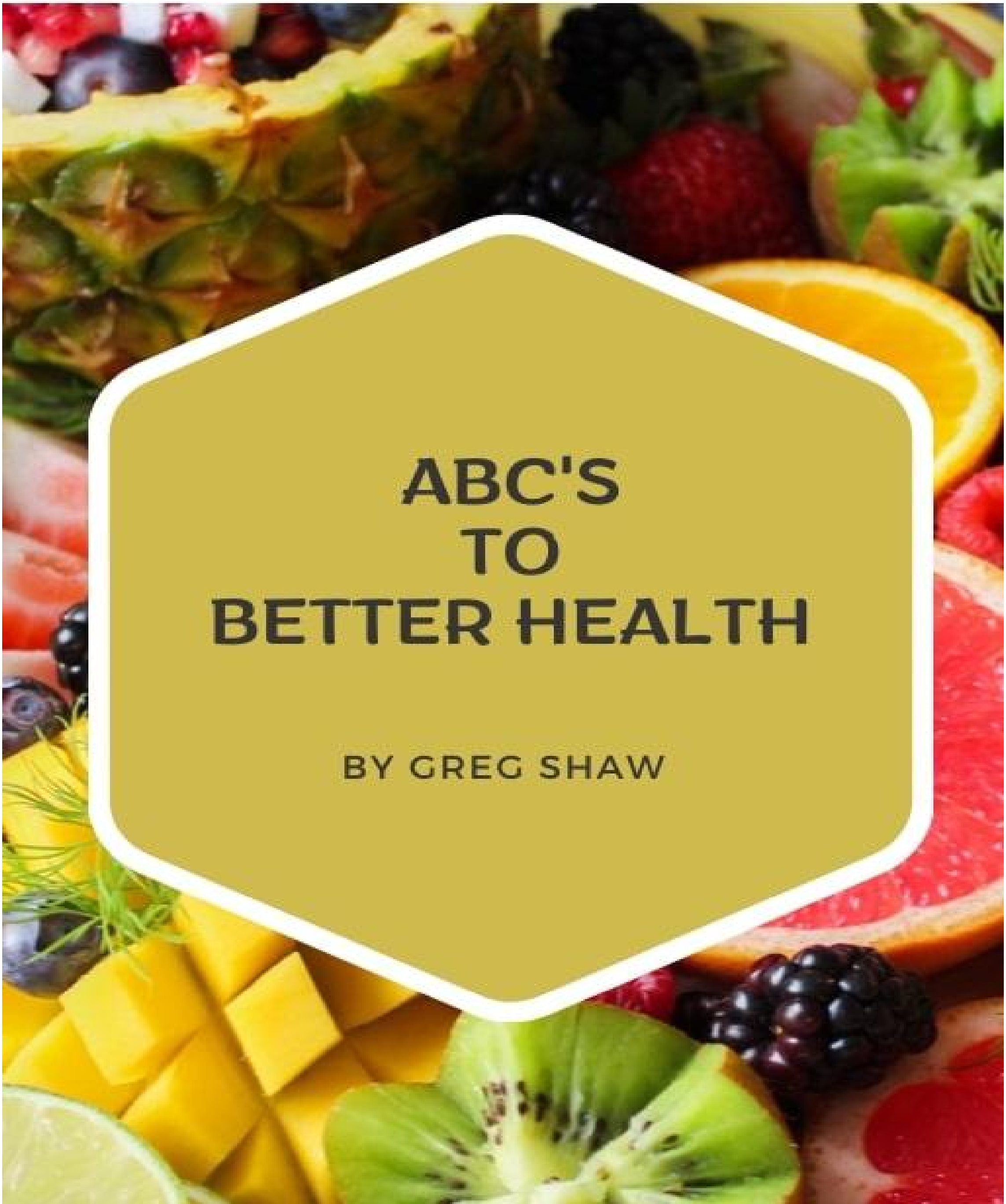
HEALTH & WELLNESS



ABC'S TO BETTER HEALTH

BY GREG SHAW

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Although this book can be read as pure text, it is best read on the tablet or computer in order to click through the links for extra material

Access my special recommendations here and here!

TABLE OF CONTENTS

ABC'S TO BETTER HEALTH

YOU WEIGHT LOSS EXPERT JOURNEY

BEGINS AND ENDS WITH HABITS

INTRODUCTION

How Habits Affect Our Health

A change in a bad habit leads to a change in life

- Jenny Craig

DID YOU KNOW OUR HEALTH DEPENDS ON 60% of our habits and the way of life we lead? AND, 60% of the quality of health and life expectancy depend on the behavior of the person. Who would have ever believed that?

A lot of variables contribute to health issues, including smoking, alcohol abuse, malnutrition, and a sedentary lifestyle. Even from a genetic standpoint, these variables contribute to the rapid development of diseases. Human health is influenced by the environment (10-15%) as well as the overall health system, which is dependent on the country's growth (from 25 percent to 40 percent).

What we eat has a real impact on our health. What are the right choices to fully enjoy life? Focus on winning foods and good habits to adopt!

Because of everyday life, our concerns or lack of knowledge, we often create a lot of bad habits. These are long-term habits that over time can cause serious health problems.

Below is a long list of habits that are very harmful to our health. These habits will affect our important organs from properly functioning within our body.

Not drinking enough water: The kidneys can be harmed if you

don't drink enough water because it's the element they need to execute their functions, such as removing toxins from the body and metabolic waste. The National Kidney Foundation of the United States recommends that you drink 8 to 10 glasses of water every day.

Fasting: The body needs nutrition to recuperate after hours of sleep, which is possible thanks to breakfast. Because high glucose levels are hazardous to critical organs such as the brain, skipping breakfast raises blood sugar levels, which can lead to major health concerns.

Lack of sleep: People who do not sleep the recommended hours of sleep between 8 and 10 hours are at risk of developing mental illness, according to a recent study from Northwestern University.

Sedentary lifestyle: This is one of the most dangerous health habits, as it may lead to several forms of cancer and even death. Physical inactivity is the world's fourth biggest cause of mortality, according to the World Health Organization.

Vision problems: Dryness and eye strain are common side effects of spending a lot of time in front of a computer or other portable device. This practice, according to the American Academy of Ophthalmology, can lead to catastrophic disorders including blindness.

Stress: Is one of the most challenging habits to break. You must make an effort, though, because it is one of the leading causes of heart attacks.

Too much salt: This behavior has an impact on many physiological systems since it generates hypertension, which can lead to major cardiac issues over time.

Smoking: According to the Globe Health Organization, smoking causes 25% of all diseases in the world. According to the World Health Organization, smoking is responsible for 25% of all ailments

worldwide. Smoking, unlike other habits, is one that must be broken. Smoking in moderation might be harmful as well.

Unprotected sex: Most sexually transmitted diseases have serious consequences and side effects on health. Condom use and having a stable partner are recommended for the best protection. Our awareness enables us to think about and make decisions in difficult situations. We don't have to think about some chores since we don't repeat them. Consider driving a car. Do you recall your first time? It requires all of your focus and energy, but you're doing it naturally today, without thinking, while listening to music. Having these mechanisms is beneficial in this circumstance, but it is not always the case.

Ways to stop a bad habit?

HABITS CAN ALSO BE A POISON in many recurring situations, such as:

- Snacking regularly in front of the TV for hours
- Consumption of fast food, drink sodas, eat industrial foods on a regular basis
- Driving to places where you could walk for exercise
- Smoking cigarettes, weed, etc.

- Drinking alcohol (without moderation)
- Constantly complaining
- Avoiding regular workouts and exercises

All of these "toxic" habits are habits that have an impact on our health, happiness, productivity, and the health of those around us. Some of these systems can be turned off by taking a fresh approach that requires us to notice the signal that prompts us to behave.

Replace Bad Habits with a Good Habits

FOR EXAMPLE, SOMEONE WHO is accustomed to going to fast food every weekend can well replace this habit by cooking good things at home, and eventually invite friends. It's both friendlier and 100 times better for your health!

To avoid consuming all of the toxic compounds in the cigarette, a smoker might first transition to an electronic cigarette. The smoker will continue to smoke, and he will not miss it. He may then progressively reduce his nicotine levels until he is able to entirely replace this habit with a new one hour of sports every day and, if he has the want to smoke, he can undertake 5 minutes of exercise.

In 2009, researchers at the NIH (National Institutes of Health) asked a panel of 1,600 obese people to note everything they ate during the day, every day. This simple habit allowed them to: ➢ Quickly identify problems

➢ Understand better alternatives for health

The result? Six months after the beginning of this experiment, all the people who kept a daily diary listing everything they ate lost

twice as much weight as those who gave up the idea. The most intriguing aspect of this study is that the researchers did not ask the subjects any more questions, nor did they offer any weight-loss advice. By adopting this new behavior, they were able to recognise what was wrong on their own.

Most weight-loss regimens fail in the long run because they try to be overly rigorous. How long do you think you'll stick to a diet that advises you to eat this, do this, do X hours of sports each day, and quit riding the escalator or elevator and instead take the stairs? We all eventually let go of the case after a few weeks, returning to

our old habits and accumulating even more weight.

Adopting a one good habit, which is replaced by a bad one, can drastically change the situation. It will only be clearly ineffective and too pretentious to try to change everything in your life overnight, even with the best will.

Take Action

Once you've mastered the theory of habits and their significance in both your personal and professional lives, you can: Make a list of your bad habits.

- ➢ Understand how they are triggered: what determining element makes you act (the sight, smell, a specific moment in the day)
- ➢ What are the "benefits": how you feel when you finish this action?

Then:

Find new habits that must be activated instead of the old ones, and that must provide equivalent results. Keep in mind that you should not alter everything at once; for example, changing five bad habits at once may be too drastic and force you to give up fast.

Just as big buildings start with small stones, big changes start with small habits!



1

How Our Eating Habits Affect Our Health

Do you live to eat or eat to live?

-Debasish Mridha

WE ALL WANT TO LIVE FOR A LONG and healthy life. The easy remedy is to eat a nutritious diet to improve our chances! "Let your food be your medication, and your medicine be your food," Hippocrates, the father of modern medicine, stated. Unfortunately, we have lost our capacity to differentiate the wheat from the chaff due to the effect of our surroundings and commercial food.

We are looking for the magic potion or the miracle diet that will have beneficial effects on our body. However, the recent advances in

nutrition tend towards this conclusion: there is no universal solution, because we all have a different background and environment. As a result, proving that a product would have such an effect on us is challenging.

A wide selection of fresh and bright items from all food categories that are likely to meet the needs and tastes of everyone is the key to the health of our organ.

One of the most important discoveries of the last decade is that of the gut as the second brain of the body. This ultrasensitive organ, which scientists have not finished exploring, has over 100,000 billion bacteria in contact not only with the immune system but also with the nervous system. They form the intestinal microbiota, commonly called the intestinal flora, which has recently been considered by the scientific community as an organ. It bears a signature as unique as our DNA or our fingerprints. Inside our intestines, each has its own cocktail of warlike, allied and enemy bacteria, which react to everything we eat.

Among the key roles of our friendly bacteria are to aid digestion, enhance immune system function, and notify the brain, for example, in cases of intestinal flora imbalance or to signal fullness.

A varied gut microbiota is a guarantee of good health. But as age and our environment can impoverish it and, as a result, reduce our defenses against disease, we gain from giving it what it needs to remain effective. The more rich and diverse the intestinal flora, the better the immune system will tolerate beneficial microbes and eliminate organisms or pathogenic bacteria as quickly as possible.

If a simple magic wand fails to alter our gut flora, there are easy and reliable alternatives, beginning with the inclusion of preventive items to our diet. With a study of our eating habits and supplementation, we can immediately improve our health.

Health and nutrition experts reiterate that it is good to eat

vegetables and fruits, which are rich in vitamins, minerals, antioxidants and water. The more colorful and varied they are, the better we protect our cells against free radicals and cancer. As a bonus, they are low in calories, which helps maintain our healthy weight.

Fiber content is another powerful ally in the battle against health problems. They may be found in fruits and vegetables, as well as whole grain products and legumes. Our bodies do not digest them; instead, they form a gel (in the case of dietary fiber) or a sponge (insoluble fiber). They absorb water more slowly and release nutrients like fats and carbohydrates more slowly, which aids in the prevention of diabetes and cholesterol.

Do not neglect proteins! They are essential for the preservation of our musculature, which needs reinforcement as we get older. They are found in meat, but also in its substitutes, such as eggs, legumes and tofu.

How about Almonds?

ACCORDING TO A RECENT STUDY by researchers at the University of Florida, almonds help promote good intestinal health and control weight. They are high in fiber, which feeds friendly bacteria into our bodies and promotes regularity. intestinal. They also prove to be an excellent source of healthy proteins and fats that help lower cholesterol levels, as well as vitamins and minerals, including calcium, which is essential for bone health.

On a daily basis, an ounce of almonds (around 23 / day) is enough to calm hunger and is a good substitute for more caloric and less healthy snacks.

Fermented foods (yogurt, kefir, sauerkraut) include bacteria that aid to maintain a healthy gut flora. We cannot, however, ascribe

specific attributes to them since bacterial strains are so many that research has yet to demonstrate the benefits of each in the prevention of illnesses like cancer, diabetes, obesity, and depression. Alternatively, the alleviation of inflammatory discomfort.

Some products are enriched with different probiotic strains, such as Lactobacillus or Bifidobacterium, friendly bacteria that do not have identical effects on the health of all. We must then determine the strain and the dose that will have the best impact on us. Until science gets this straight, diversity in our diet remains a priority.

Introduce Prebiotics

PREBIOTICS, FOR THEIR PART, are ultra nourrissant for our intestinal microorganisms. A wide variety of fruits, vegetables and fiber, all considered prebiotics, will help stimulate the good bacteria in the gut. The best-known fiber, inulin, is found among other things in asparagus, onions, garlic, chicory roots and Jerusalem artichokes.

In capsule, powder or milky formula, probiotic supplements (Bio-K +, but also Probaclac, for example) can contribute to the prevention of intestinal disorders related to taking an antibiotic or infections prevent and relieve gastroenteritis, colds, travelers' diarrhea or irritable bowel syndrome. We must, however, shop our probiotics: they are not all equal. To be probiotic, a food or supplement must have a scientific demonstration of its effect on health. In order to achieve this positive effect, we must consume 8 to 15 g per day. And this, on a regular basis. Alcohol, junk food, vinegars, marinades, refined sugars, stress or age are all factors affecting the intestinal flora. According to our way of life, it is advisable to take probiotics all year long to avoid any imbalance.

As a general rule, our body produces the enzymes necessary for the digestion of absorbed foods. But if they fail us, we can also turn to

supplements. People with lactose intolerance, for example, have a deficiency of lactase, an enzyme that breaks down lactose into glucose. Lactase supplements before meals will help with digestion. Psyllium, a seed with laxative characteristics, is good for your heart and digestive system. Because it might be challenging to absorb enough through our meals on a regular basis. The ideal way to incorporate it into our diet is as a powder. It is used in smoothies or smoothies, for example. This high fiber consumption, when combined with a low-fat balanced diet, a physical exercise regimen, and greater water hydration, placed us on the road to wellness. And whatever supplement we choose to take, experts recommend consulting our doctor first. The latter will take into account our general health, our medical and family history, our lifestyle and our prescribed medications to inform us in an informed way.

Hormonal changes accompany menopause, including a decrease in oestrogen, which can contribute to weight gain, particularly in the belly, where our essential organs are housed. There are certain habits to follow in order to obtain a healthy weight:

Eating Intuitively. Eating our meals on the run, without knowing the content of our plate, disturbs our signals of hunger and satiety. As a result, we eat excess food that does not meet our needs. Recognizing and listening to these signals, as a child, allows you to eat healthy and avoid weight gain.

Muffling diets. Restrictive diets are often ineffective. To regain a healthy weight and keep it lasting, it is enough to make rather minor changes to our lifestyle, such as eating in smaller plates, adding food champions and moving.

Having a meal together. People who prepare and dine with their family or friends have healthier eating habits and have a higher chance of staying healthy.

Gluten, milk, and sugar. Some foods are declared responsible for all our problems. But if gluten is an irritant for a small part of the population that does not tolerate it (those who suffer from celiac

disease, for example), it remains harmless for others. Same thing for dairy products, considered harmful by the followers of the hypotoxic food. To eat varied, balanced and without restrictions, we choose what suits us and we take the allegations peddled by everyone with a grain of salt!

2

The Journey to a Healthy Lifestyle

Be the change you want to see in the world

-Ghandi

LIFESTYLE, GENETIC PREDISPOSITIONS, and environmental factors are often implicated as major causes of cancer. On the other hand, it should be known that the disease is not only physically explained as it is sometimes catalyzed by emotional trauma. In what ways do diseases linked to chemical imbalances such as stress and anxiety profoundly impact our body? How to positively influence our health by taking into account certain mechanisms of chemical actions and processes?

Each of our ideas causes about 3500 neurochemical reactions in the brain, resulting in an emotion. We release neurochemicals such as

cortisol (the stress hormone), substance P (related with the control of mood disorders, anxiety, respiratory rhythm, nausea, and pain), and adrenaline when we have negative thoughts (in response to stress or physical activity).

If we generate positive thoughts, then we produce for example serotonin (responsible for well-being) or dopamine (responsible for pleasure).

Therefore, our thoughts and emotions dictate the functioning of our body. If you can change your thoughts and perceptions, then neurochemical and primary processes will accompany your transformation.

By treating only the symptoms, the source of the problem remains.

Our dogmatic health system is so fixated on various pharmacological treatments that it refuses to acknowledge the myriad causes that may be contributing to the condition.

The emotional responses that contribute to sadness, anxiety, and addiction are mostly caused by the thoughts and beliefs that exist in our brains. Our lifestyle choices are directly influenced by our emotional condition (exercise, eating habits, drugs, alcohol consumption).

The work of neuroscientist Antonio Damasio focuses on the study of the neural bases of cognition and behavior. And among his main discoveries, we note not only the identification of neuronal sites involved in the process of emotions, but also the demonstration that emotions are involved in decision-making.

The mind and body are inextricably linked. Doctors make a mistake when they just address the physical symptoms rather than the root reasons. We've all had horrific situations that separate us from the unconditional love that exists between us. We must have a thorough understanding of ourselves and work to alleviate our emotional distress. They keep us from experiencing the pure love that is right in front of our eyes.

Our rulers and the media have always conditioned us to the feeling of guilt. Count the time you spend either feeling guilty, the victim or accusing the other.

The system will only fund research if it is profitable There are, for example, hundreds of people trying to cure the disease by developing an addiction to Ayahuasca, a Liana-based drink traditionally consumed by shamans of the Indian tribes of the Amazon, used for its healing ability associated with local beliefs and practices. This plant is legal and regulated. Unfortunately, no one is studying this herb for healing purposes.

The focus of medical research in the United States, for example, depends only on two organizations, the National Education Association (NEA) and the American Medical Association (AMA), the largest medical association, and medical students from the United States.

These organizations are largely funded by the Rockefellers, Rothschild and Morgan families, who also reap the benefits of their involvement in the pharmaceutical industry. This is perfectly explained in the documentary Thrive, produced by Foster Gamble.

How Can We Change Things?

There are a number of strategies to encourage change, but the first is to take full responsibility for our own life. First and foremost, remove the victim's clothing and determine to collect as many positive waves as possible.

To shift to a more optimistic mindset, it's critical to develop

engaging thoughts. And to break free from our habitual consuming habits, which push us to appropriate material stuff in order to be pleased. If we don't identify our true wants, which are free, this process might go on indefinitely.

Let's get out of the habitual modes of behavior that capitalist society has instilled in us and refocus on a healthier, authentic and unadorned lifestyle. It is time to take responsibility for our lives and choose not to let ourselves be dictated by this unbridled materialistic system.

Meditate! Let's be in full consciousness! Let's just focus on the essentials!

Time to Adopt to an Effortless Healthy Lifestyle

REACHING THE GRAIL OF THE "healthy way of life", in other words, the healthy life we see everywhere on social networks, may seem insurmountable. Too many concessions or not enough time and we are already giving up. This is all about the habits we have talked about since. Fortunately, there are simple solutions that help us get better in no time.

Drink More Water

THE HUMAN BODY IS 60% WATER. Our bodies excrete a bit more than two liters of water every day. But it is it that permits our bodies to work properly, promotes correct toxin disposal, and avoids certain kidney disorders. It is thus vital to drink enough water each day - between 1.5 and 2 liters, but without exceeding the risk of overworking the kidneys - in order to avoid both skin dryness and metabolic dysfunction.

Refuel With Vitamin D

IF WE HAVE TO EXPOSE OURSELVES to the sun sparingly, its rays can be beneficial to us. Thus, 80% of the Western population suffer from vitamin D deficiency, also called "vitamin of the sun." This affects both the morale and the functioning of our body because

this vitamin prevents certain infectious diseases and autoimmune. Sunbathing, eating foods rich in vitamin D or taking vitamin D ampoules are all tips for winter pump stroke.

Taking Enough Exercise

A SEDENTARY LIFESTYLE IS THE EVIL of the century. Blocked behind our computers, we forget about physical activity. Even walking becomes increasingly rare. Exercise, however, allows you to stay in shape and evacuate accumulated tension. The whole thing is to get going, but once the effort is done, it will be difficult to do without it.

Meditation

IN RECENT YEARS, SCIENCE AND MEDICINE have been taking meditation and its benefits on our body increasingly seriously. For example, with anxiety disorders, it has been proven that meditation influences the modification of the synapses related to the amygdala located in the brain, the same one responsible for our

particularly agonizing emotions. While one is anxious, bothered or just a little tired, there's nothing like ten minutes of meditation a day to focus on oneself, confront one's emotions and empty oneself.

Stretching

BECAUSE OF OUR LIFE IS A MOBILE and unsportsmanlike, our muscles eventually contract, pull and create tensions and other headaches. Nothing worse to achieve its goal of a healthy life. Solution: stretch. But beware: doing the right thing at the risk of inflicting more harm than good is critical. Through quick stretching workouts, we learn to stretch not just the back, but also the legs and arms.

Laugh

IT'S A FACT, LAUGHTER IS ANTI-STRESS, relaxing and stimulating. Whether you have a discrete or very expressive laugh, the consequences are the same on the muscles (130 to be exact), the breathing and the brain. This removes pressure, stress, and makes sleeping more comfortable. Laughter has a positive effect on the immune system and lowers the risk of cardiovascular disease. Finally, laughter makes you joyful, encourages sharing and trade, and boosts your self-esteem. What's more, it's not difficult and it's free.

Learn to Breathe

IN TIMES OF STRESS, IT IS OFTEN THE BELLY

- considered as ABC'S TO BETTER HEALTH (20)

the second brain in a human (**enteric nervous system (ENS))** - as well as the diaphragm that suffer the most. All of these muscles contract, obstructing the rib cage. So, if we sense the slightest discomfort, we stop everything, refocus (like in meditation), and breathe. There's nothing like five minutes of belly breathing to make you feel better.

Maintaining the Habits of a Healthy Lifestyle 365 Days a Year

HOW MANY TIMES HAVE WE TAKEN this resolution? Probably the same number of times we dropped it! Maintaining a healthy lifestyle is more than just a habit to change. It's a set of well established habits to dislodge from the routine. That said, it's mostly mental strength that will decide if this time is the right one.

Mental Preparation

IT IS NOT THE BODY THAT CANNOT TRAIN, it's the head that opts for a good quiet movie. It's not the hands that cannot cook, it's the head that prefers the "takeaway" option. Human beings are lazy. Our style of life is based on a single goal: to do more with fewer demands. This attitude is becoming increasingly prevalent in society, and our health is frequently the sufferer. As a result, the proliferation unhealthy behaviors are the primary cause of increased health issues including obesity, hypertension, and diabetes. Isn't this a compelling

argument to deviate from this socially prescribed route and control one's own destiny?

There is no room for laziness in a healthy lifestyle. It will take time, will and choice.

Are you ready? If so, you have just completed the most difficult part of the process!

Schedule Your Time

DID YOU KNOW THE MOST COMMON reason for excusing bad habits is the lack of time? It is known, life is a race against the clock. There are 24 hours in a day and it is unfortunately unchangeable. What is against it is the mode of use of these 24 hours? Find the time to take care of yourself.

For example, knowing that we should undertake at least 150 minutes of moderate to high intensity physical activity each week, we only have around 25 minutes per day to devote to the sport. 25

minutes is less time than a TV show and probably less time than you spend on Facebook, Instagram, Twitter, or Pinterest combined.

The Art of Eating Well

I DO NOT MEAN TO EAT STRICTLY ORGANIC, or to make any miracle diet. All I propose is to listen to your body, eat better and enjoy this pleasure of life. Think about what you eat in a day and think about how you could improve your diet plan. Here are practical tips to guide you:

- Prepare healthy meals in advance and, as long as you are in the kitchen, you do it in large quantities. We freeze everything and what's easier than defrosting a dish later.

- Get a slow cooker. It does wonders, no less! What could be better than walking in the door in the evening and smelling a delicious handmade supper that has already been prepared? Thank heavens, there's nothing else to do but serve.

- Take your time to eat. We eat too much, and too fast. The second portion and even the dessert are often unnecessary at all, but the signal of satiety is not even made yet, we are already refilling! 20 minutes, this is the recommended minimum wait time before the 2nd serving or dessert.

- Bring snacks and lunch with you. I don't believe I need to go into too much detail here. It is a well-known truth that the restaurant is frequently overly fatty, too salty, overly generous, and overly pricey.

Exercise Without Ever Giving Up

Let's move! At home, at the gym, outside, whatever. The recommended 150 minutes is not much when you make them at pleasure. It accumulates very quickly! Here are some tips to keep motivation to train:

- Find a partner to train with. It is more difficult to cancel when our partner is ready and motivated.

- Find an activity of interest: If I do not like running, I do not have to go for a jog! Big news: it's not just running in life! - Follow up with a kinesiologist. When we are followed by a professional, no way we will arrive at the next appointment without having done anything. We want to show our good progress, no? - Register for a sporting event. Ask you will! Obstacle courses, foam, bouette, painting, etc. Focus on a long-term success goal is ideal for staying hooked!

Sleep is Essential

CONGRATULATIONS, YOU HAVE PASSED THROUGH THE DAY! It's time to look for your bed. Don't take him lightly. A good night's sleep will allow you to replenish your energy reserves while also assisting you in maintaining a pleasant and motivated attitude for the next day. We go to bed and get up early every day! As silly as it may appear, it is for some the most difficult habit to break!

A Major Challenge

PUT IN MORE EFFORTS, THEN, MORE efforts and then more efforts. There is simply no shortcut. It takes a lot of work and determination to get there, but with the motivation, everything is possible. See it as an investment. This is a shot to give at first, but once you have taken the pace, it is your body that will thank you. This will simply not be a chore, but simply a new everyday exemplary habit. You will feel better, less tired and more alive FOR LIFE. By far, this is the best investment you can make!

Go go go! You are worthy and capable of it!

3

Measuring Success in Your Habits of a Healthy Lifestyle

One cannot think well, love well, sleep well, if one has not dined well.

-Virginia Woolf

HAVING A HEALTHY LIFE IS NOT JUST EATING WELL. It's not just about fitness or exercise. A healthy lifestyle is characterized by balance in every way.

For example, it's pointless to concentrate just on seduction tactics when seeking for a female. If we're bashful, we'll need to think about other aspects of the seduction game. We must investigate why we believe we are shy, how to modify this view, how to improve self-esteem, expand our social circle, boost our charm, and, why not, seduction strategies. They are, however, only a small portion of the picture.

The Diet

WE START STRONG WITH THE PART which is the most important (and you will discover why): food! We can sleep extremely well, have quality relationships, play sports and do all stuff. If we eat junk food all day long, it will only destroy our health

and energy. It will be very difficult to have good physical hygiene and achieve a great weight loss!

Would you like to put olive oil in your car to drive? Obviously not! So why do you put soda and hamburgers in your body? This will clog it up and prevent it from working properly! Let us keep in mind that according to our way of feeding ourselves and our internal dialogue, we send a very strong unconscious message to our body. When you consume junk food, the message sent to your system is: "I

do not care about my health. Conversely", if we opt for a healthy diet, we send the following message to our body: "I take care of my body and my health, I love myself. "

That's why we gain self-esteem when we change our diet. We cannot hope to have a healthy life without changing our diet. Let's take a closer look at the people who have succeeded in this world in different fields: whether world-known artists, a politician, or a president, they take great care of their way of life and in particular their diet (and physical activity, we will come back to this later).

When we eat a healthy diet, we provide our bodies with the greatest amount of vital micronutrients they require to operate. It's better to have all the components to assemble IKEA furniture, just like it's better to have all the pieces to build our bodies!

So what do we change in our diet?

ELIMINATION OF INDUSTRIAL PRODUCTS: prepared meals, low end restaurants, fried foods, processed products (with a list of extended ingredients), biscuits, fast food, etc.

Elimination of dairy products: UHT milk, cream, cottage cheese.

Except, if desired and tolerated, cheeses and butter (raw milk) of animals fed on the grass, preferably by selecting goat and sheep rather than a cow.

Elimination of cereal products: bread, pasta, brioches, bread, wheat-based, barley, rye. Except, if desired and tolerated, basmati rice (or camargue rice), oats, quinoa. Note: Buckwheat is not a cereal and can be consumed because it does not have the disadvantages of cereals.

Remove legumes, especially soy, except fermented soybeans (which can be eaten for your benefit): tempeh, miso soup, and tamari. These are roughly the changes that can be made to move towards an "ideal" (which I put in quotation marks because there is no universal ideal, each individual has different needs). In any case, removing these products and focusing on fresh, raw, seasonal and organic quality products is necessarily a good solution.

Raw products include vegetables, fruits, seaweeds, herbs, fish, meat and eggs, oilseeds, vegetable oils, cocoa, and spices which can be transformed a little.

In summary, I recommend you to consume as much as possible of anything that is raw and unaltered by man.

Physical Activity

Although THIS IS OBVIOUS, THE SEDENTARY RATE IS HUGE. Sedentary behavior is responsible for 3.2 million deaths worldwide each year. We are seeing a precipitous rise in obesity and all the ills that come with it, thanks to the explosive combination of junk food

and sedentary lifestyle.

Congratulations if you're reading this book because you're interested in your health and it has the virtue of being highlighted! Now, if you do not exercise or workout, you should start thinking about it, and please, do not use an excuse.

Everyone has time. It takes 10 minutes to jump rope or do any physical work (race, kettlebell, etc.) I would like to mention to you that if you think you do not have the time to exercise, it's about changing something in your life and reviewing your priorities.

Why? Physical activity has several advantages that will save you time, like increased energy, motivation, improved self-confidence, improved health with fewer or no ailments, and so on.

If you are smart enough, you will understand where I am coming from. If you run out of time to take care of your health, there are several possibilities: throw away your television, sort through your life (relationships, objects), get up earlier, learn how to manage your time, delegate tasks, delete tasks.

If you accomplish all of this, you will be doing what your body is physiologically intended to do, lowering your chance of back pain and other health issues. Back discomfort is the curse of the contemporary guy who spends his days shackled to a chair for eight hours.

Healthy Social Relationships

IT IS WELL KNOWN THAT SOCIAL RELATIONSHIPS are very

vital in our life. What is less well known is that it is also essential for our well-being. A study over several decades has recently shown that social relationships are the No. 1 factor of happiness in a person's life. Cortisol, the stress hormone, is stimulated by toxic connections with individuals who poison us, resulting in fat accumulation, a

constant state of tension, sleeplessness, and other issues. Excess cortisol is a toxin, and it is the substance that distinguishes the stress of our modern existence.

It's crucial to sort out our relationships since, as humans, we develop, and it's natural for most of our dating habits to shift as we get older. The folks we hung out with in youth do not always reflect our ideas as we become older.

I do not say either that you should cut yourself off from all those who do not think like you, but keep in mind that it is useless to maintain relationships with people with whom you have very little in common with any longer and with the key a toxic relationship that brings you nothing fulfilling!

Relationships you have with people could be compared like wood fire: it must be maintained to prevent it from going out. It is therefore essential to bring logs in all your relationships to maintain your network, including casual people!

The strength of your network is determined by the individual's closest to you.

You must make an effort to engage with and listen to these folks on a regular basis. Develop active listening skills by listening more than talking. Pay attention to what your interlocutor is saying. Make no attempt to speak for yourself, to outbid, or to be correct. This is a habit of the arrogant, of people who wish to show off their power.

The key to making friends is learning to care about others by asking questions and really be curious about the answers.

The best skill you can learn to establish good connections with those around you is to improve your communication skills. You may not realize it, but most people communicate badly: they criticize, feel guilty, want to be right, outbid, brag about their accomplishments excessively, and refuse to listen. I see that on a daily basis because I rub elbows with a lot of individuals.

Develop this quality and you will stand out among others.. You have less conflict in life and a reduction in stress. You will have much more harmonious relations and you will be happier and healthier! It's worth it, right?

Last but not least, when an argument arises, do not strive to be right or contradict; instead, acknowledge your faults; this is the most effective method to diffuse the situation. Even if you're correct, be the wisest and admit your flaws to reduce conflict. You'll quickly see that this is the most effective method, and it demonstrates excellent character. Accepting the blame placed on you by another person requires humility. But, hey, why not? You've got nothing to lose!

Enjoy Nature

NATURE IS OUR NATURAL ENVIRONMENT, and if we don’t understand it, we risk the impending danger to our life and health in the long run. Nature has tremendous benefits in our stressed and polluted world because it improves creativity, attention and productivity. Exposing yourself very regularly to nature is a great way to increase longevity.

To do this, there are many possibilities: I invite you to go more often near a lake, a beach, a forest, or the countryside. If you live in a big city, chances are there are parks: go regularly to take the time to decompress, to read, to meditate, to listen to audio or just walk with all the senses awake.

Make a detour to work, avoid the subway or car and go through a green corner to extend your travel time. Do you spend weekends near nature, in a place far removed from all civilization, in the mountains, in the countryside, in the forest, in the savannah, in the Amazon jungle?

Take some time to lie outside of a city and gaze at a magnificent clear summer sky filled with a plethora of stars. Reconnecting with nature is really relaxing.

Engage in Recreation

RECREATION IS PART OF A HEALTHY LIFE? Well, absolutely yes! Recreation is an extremely important part of healthy living. We live in a society of serious people, a jaded, boring, and dreary society where everything is taboo.

Now, look at life as a game, crack jokes, play word games, sing in the shower, clown about, make faces in the mirror, jump around, shout, and even laugh uncontrollably. This "soft craziness" is a well-controlled form of insanity that causes no harm to you or others.

All the behaviors described above allow you to release the compressed emotions that remain in your body and rots inside (as if you never take out the trash). And an emotion we do not release, repeatedly for 40 years, is a cancer key or other major health problem. Emotions not expressed are extremely damaging to health. They can cut the voice, give a ball in the stomach, lose hair, have psoriasis outbreaks. And this simply in the short term. In the long term, there is a very high risk of developing a serious illness. **The importance of emotions is even stronger than diet on health.**

So, when it's essential, be serious, but when you're alone or with people who share your outlook on life, let loose! If you go down the street, you'll notice a large number of people who have become jaded

by life and appear to be on their way to be slaughtered. Do you truly want to be this way? Is it attractive to talk to oneself and be solemn all of the time?

I'm not saying you have to act irrationally all of the time. But I'd like to draw your attention to the fact that modern society enslaves us

by erecting physical and mental barriers, so less and fewer individuals are accustomed to smiling at strangers, making random expressions, leaping around, dancing, or laughing for no reason.

To all those people who take life too seriously, please, hear this: *"What are you doing? Calm down and go see a comedy movie!"* It is not more expensive to look on the bright side of life, to view life as a fun rather than a chore. And this is the secret to glowing health: releasing emotions through grimaces, animal sounds, or shouts is incredibly powerful! It truly is! But, as I previously stated, do not do it in public unless you want to wind up in the asylum. We live in a world where having fun as an adult is frowned upon. Similarly, the youngsters are so chastised that they lose any feeling of play, which causes them to grow older.

So choose which side you want to be on.

Simplicity

SIMPLICITY IS A PART OF LIFE THAT I really love. It's revolutionary when you start applying it in your life. Simplicity is not new; it has been practiced for example by Buddhists for a long time. Simplicity is the art of voluntary minimalism, in other words, less is more. It's about simplifying your life and you get a lot of benefits from living like that.

Simplicity may be applied to every aspect of one's life. We may start sorting things at home by tossing or giving away everything

we haven't used in a while. We have much too many material goods in our lives. It's as if we're barricading ourselves with all these items, giving us a sense of security in order to insulate

ourselves from the government and media's fear-mongering propaganda. However, it is a delusory sense of security, because accumulating worldly items just makes us slaves to them.

Have you ever noticed how materialistic some people can be? Having more and more material items does not equal pleasure.

In fact, it's the polar opposite. You feel so much more free and adaptable when you only have a few belongings!

Simplicity also concerns food: it is useless to have 5 stoves, 5 pans and cupboards full to crack.
We are in a period of abundance, of course, but it is useless to stock up for 6 months or to have equipment to serve 20 people.

Clean up and simplify your life.

Practicing simplicity entails making the decision to purchase fewer high . quality items. It's excellent to be content with the basic joys of life: reading a good book, gazing at the stars, bathing, watching a sunset, going for a stroll in the woods, and appreciating a social connection. As you can see, this may have an impact on every aspect of your life, including your assets, relationships, knowledge, cuisine, cosmetics, and so on.

Now ask yourself, "What is the smallest action I can do that will simplify my life to the fullest?"

Taking Advantage of Your Healthy Habits

If you don't have control over your mouth, you will not have control over your future.

-Germany Kent

WITH THE INNUMERABLE TEMPTATIONS THAT SURROUND US, it is difficult to sustainably adopt a healthy lifestyle.

Even when we pay attention to our food and engage in physical activities, the excess pounds do not always go. Sometimes we have to forget bad habits that persist and adopt REAL good reflexes. We conceive of doing well by skipping meals, allowing ourselves a few regressive minutes to justify our efforts, and we buy food at the store without reading the contents.

How do we make the best of our healthy habits without regaining the pounds we have lost? How do we permanently abandon all these bad habits!

Losing Fat without Realizing!

YOU HAVE TAKEN THE WISE STEP of adopting a healthy diet for some time? But you find, helplessly, that your weight has not reduced? You are not the first to find yourself in this situation. You should be aware that your body weight changes during the day, based

on factors such as what you consume. It also depends on how much water you consume. Rather than stepping on the scale every day, weigh yourself once a week.

For best results that are true to reality, weigh yourself in the morning, on an empty stomach, but after having been in the bathroom. It's simple to know the difference. Weigh yourself in the morning before and after drinking your tea or coffee: the result will surprise you!

Also, don't get too upset if your weight hasn't dropped. Allow your equilibrium to sag and reach for your pants, which are still your greatest judge since they never lie! This is how you'll figure out how much weight you're carrying.Also, your mirror!

Pay Attention To Your Nutrition

WALKING AROUND WITH A NOTEBOOK to count each calorie consumed during the day must be a stressful activity, and the idea is not to frantically analyze your diet. It's always lovely to sit down to a delicious meal with friends or family and not feel horrible, confused, guilty, or anxious. You may track your nutrition for a week to get a good indication of how much food you eat, and you can do this once a month to assess where you are.

It's a simple way to notice your needs, and changes to be made. Most of the time, we are not aware of what we eat. Many studies have shown that most people really do not know what they are eating during the day. Some foods contain a lot of calories, and we know nothing about it.

Hence, the importance of monitoring your nutrition. People who have the reflex to study their diet lose much more weight than people who do not.

Consume Enough Protein

PROTEIN IS ESSENTIAL FOR WEIGHT LOSS and maintenance because it helps reduce your addiction to sugary foods and promotes a feeling of fullness. You won't want to snack between meals if you eat protein. Proteins, rather than carbs, offer the benefit of controlling ghrelin, which helps you feel satiated for longer. Proteins are also necessary for the growth and maintenance of muscular mass.

Consuming Too Many Calories

THE CALORIES ARE NOT THE SAME WHEN you eat a packet of chips at 500 kcal or vegetables, including the same calories. We tend to underestimate the nature of calories consumed, hence the importance of calculating the actual intake of a food. The solution is to know how to differentiate the "healthy" food from the "dietetic" food found in stores. Know that healthy foods are the ones you cook yourself at home.

Take Up Bodybuilding

BODYBUILDING RAISES YOUR BASAL METABOLIC RATE, causing you to burn more calories even when you're not doing it.

However, there is another advantage to bodybuilding: it helps you acquire confidence in yourself and feel good about yourself. Bodybuilding, in addition to influencing your personality, will allow you to test your limitations, whether in your desire to live a healthy lifestyle, your career or personal life.

Engage (Enough) In Cardio

YOU HAVE TO FIND THE RIGHT balance between bodybuilding and cardio sessions. Cardio is very important for weight loss, and especially allows you to burn fat contained in the belly fat called "visceral", which is built around organs and can cause diseases.

Stop Drinking Sweet Drinks

MANY PEOPLE, DESPITE THEIR DIET and their new way of life, drink fruit juice without realizing that they can be just as harmful as a normal solid food. Our brains do not treat liquid calories in the same way as solid foods. Your favorite fruit juice contributes to your daily caloric load. And you are no less hungry after eating them, and there is a trap, because drinks contain more sugars than we imagine.

ALERT! The effect of sweet drinks can be fatal to your overall health. **FIND OUT MORE HERE**!

Getting Good Night Sleeps

A GOOD NIGHT'S SLEEP IS ANOTHER KEY TO A HEALTHY LIFE! This is critical if you want to be physically and mentally healthy, as well as control your body weight. Obesity is linked to a lack of sleep, according to several studies. Adults who sleep poorly are projected to be 55 percent more likely to become fat, and children who sleep poorly are expected to be 89 percent more likely to have weight problems. Sleep deprivation triggers a chain of events, including a

drop in leptin, a hormone that promotes fullness, and an increase in ghrelin, the hunger hormone.

Consuming the Good Carbs!

AVOIDING SWEET TREATS IS NOT THE ONLY ACTION TO TAKE: certain starchy meals, as well as some blood sugar increases, can lead to weight gain. To consume modest quantities, focus on healthful grains like oats, millet, and brown rice.

Drinking Enough Water

WATER IS IMPORTANT FOR MAINTAINING optimal health. According to a 12-week weight loss study, overweight people who drank half a liter of water half an hour before their meals lost weight in 44% of cases, unlike the others. The feeling of hunger is the first sign that you are thirsty, in reality. Drink a glass of water before each meal, you will see: you may not actually really feel hungry.

Drinking Alcohol Too Frequently

RICH IN CALORIES, ALCOHOLIC BEVERAGES, especially cocktails are a considerable sugar intake. Beers, wines and other sugary drinks are also very bad for weight loss, if they are consumed to excess. A night of high alcohol consumption can negate a whole week of effort in the kitchen and in the gym. Because after those nights, we tend to eat a lot, and badly.

Focusing on the Idea of "Losing

Weight At All Costs"

WE'VE ALL SUFFERED FROM MOMENTS OF RELAXATION. You may find yourself losing control at times. This can be an issue if you refrain from eating too much and get into a cycle of struggles and extreme diets. Diets, in truth, do not function if the person is unprepared for the task. As a result, we must consider establishing a long-term, practical, and successful lifestyle.

You must feel that you can always enjoy life, and simple little pleasures, such as food. Do not make weight loss an obsession. Allow time and effort to do things and focus on the new healthy lifestyle that you adopt.

5

Energize Your Mind, Not Your Body

You don't need to change the world, just change your mind about it

-Jade Inspiration

A DIET IS LIKE A MARATHON: in order to maximize your chances, you must prepare yourself both physically and psychologically. The key to success is realism. Set a realistic weight-loss goal: if you've always been a little round, you'll never achieve a mannequin figure. When dieting, set a sensible goal: if you've always been a bit round, you won't be able to maintain a Barbie figure without putting in a lot of work.

There is no reason to fail if we understand all of the game's rules, have all of the essential equipment, are adequately supported and instructed, and, most importantly, have the correct attitude. The psychological aspect is crucial in any athletic event. Motivation, dedication, and perseverance are all dependent on it. It's pointless to start a diet if you're unhappy or nervous!

Ask yourself first how many pounds you want to lose precisely. The goal must be clear: 5 kilos, 7 kilos, 10 kilos. Write this goal in a notebook. Note any other personal project important to you even if it has nothing to do with your wish to lose weight. Since you have tackled the extra pounds, take advantage of this opportunity to tidy up or improve other aspects of your life.

Make a deadline for achieving your goals. This must have a specific meaning for you, such as the upcoming holidays, a wedding, or a birthday... be practical!

Your objectives should be both quantifiable and achievable. To succeed, you must be realistic. Set a realistic weight-loss goal: if you've always been a little round, you've probably never had a model figure! Allow adequate time for you to decrease weight without causing yourself harm. Why don't you take it slowly and methodically?

Concentrate your daily goals.. For example, write them on small papers or "Post-It" and post them everywhere: on the fridge, on the mirror of the bathroom, on the computer screen or on the dashboard of the car. Write them in your diary and on your kitchen calendar. In short, make sure you keep them in mind all the time.

Make a firm commitment to achieving these goals. Tell yourself all the time, especially when you're feeling disheartened, that you can get there because if others have done it, you can too!

The Key to Your Success

THE KEY TO YOUR SUCCESS IS MOTIVATION. If you're serious about losing weight and regaining your health, you'll need to be as accurate as possible. When you learn that overweight people live shorter lives and are more likely to suffer from health problems, it might motivate you to make the necessary changes. You will not lose weight if you have a hesitant approach by saying that you will likely fail at your goals.

Keeping your goals and objectives at your fingertips will make it easier to achieve. You need to find THE trick that will allow you to keep the motivation to achieve your goals. You need to decide what really motivates you to achieve your goals. This will allow you to achieve your goals quicker and maintain them..

Be Aware of Your Body Changes

Another effective approach to keep motivated is to snap photographs of yourself as you progress, so you can see how your body changes and realize that your efforts are not in vain. If there is a certain kind of clothes that you want to wear, you might go into a store and see yourself wearing it once you have reached your goal weight. Keep this in mind at all times.

What would you look like? How satisfied would you be in achieving your goals? It may seem obvious, but even the accomplishment of something small will encourage you. If you have a

friend who also wants to lose weight, it would be a great idea to join together at a gym or go running together or even just to support each other.

The more driven you are and the more optimistic you are, the simpler it will be to achieve your objective. Why waste time on a diet if you're certain you'll never achieve your target weight? Negative vibrations may swiftly influence your subconscious and even demoralize you before you begin a weight-loss plan.

That is why it is critical to be optimistic and believe in yourself in order to maintain your motivation and achieve your weight reduction goals within the time period you set for yourself at the start. Concentrate on your objective; it will make it easier for you to stick to the diet and offer you hope of achieving a beautiful silhouette.

Before you start a diet, it is also important to understand how you go to the point of your current weight. Indeed, the excess weight surely comes from your bad habits or unbalanced diet. So even after an effective diet, you will end up with the same worry in a few months or weeks if the sources of this excess weight are not identified and changed.

As a result, it's critical to learn from your failures and resolve to achieve your weight-loss objective once and for all. As a result, your determination and drive to embrace a new way of life is an effective answer.

The human body has unique dietary requirements, and in order to achieve them, we must adhere to a set calorie intake from carbohydrates, fats, and proteins. Your assignment will include adopting a healthy lifestyle and diet, preferably without snacking



6

Sustaining Your Weight Loss Goals

Ending is better than mending

-Aldous Huxley, Brave New World

BY NOW, YOU HAVE MADE A FIRM DECISION to not only get back in shape, but to also take care of your body. And that's awesome! It's been a week now since you got started, but you do not notice any difference. It happens, do not worry! The transformation of your body requires a lot of work, motivation but also time. Here's how you step closer to your goals.

No Motivation without Objective

WHY DO YOU THINK SETTING CONCRETE AND ACHIEVABLE GOALS IS SO IMPORTANT? Because these are the objectives that will increase your motivation and urge you forward! What could be more fulfilling than reaching a specified goal? But don't forget to mix up your workouts so you don't become bored with the same regimen. In the Results app, you may now create an additional cardio objective, and any activity you store with your app will instantly sync.

Cardio Goal: Add a few cardio sessions to your workouts to maximize results and speed up your body transformation!

Set Achievable Target Goals

CHANGE DOESN'T HAPPEN OVERNIGHT. If you set the bar too high, you may become frustrated and lose motivation. To be honest, it's impossible. It is entirely feasible to lose 12 kg in 12 weeks. To lose a few pounds and see new muscles emerge, it may take some effort and time. To keep motivated and feel like you're headed in the right direction, make little sub-goals for yourself. Remember, consistency in training and a well-balanced diet are the keys to success.

Find the Right Activity

THERE ARE COUNTLESS OPPORTUNITIES to get back in shape:

whether it's an endurance sport, bodybuilding, yoga or football, the important thing is to find pleasure and bring it to diversity. Do not be afraid to try something new that will bring new challenges to your body.

Bodyweight exercises are an excellent way to mix cardio and strength training. It doesn't take much time or equipment, and you can do it from the comfort of your own home. This exercise strategy is very good for burning a lot of calories in a short amount of time.

Monitor Your Progress Closely

AFTER THREE WEEKS OF CONSISTENT TRAINING AND A HEALTHY AND BALANCED DIET, YOU STILL DON'T SEE ANY RESULTS? Take a measuring tape with you and take photographs of your work on a regular basis to keep track of your development. It's also conceivable that the numbers on your scale don't reflect the intended weight loss since you've shed fat while increasing muscle mass. So don't be disheartened!

Do NOT Let Nothing Get in the Way

IF YOU START RUNNING OR BODY WEIGHT TRAINING, YOU WILL DEFINITELY EXPERIENCE BODY ACHE. You may be tempted to give up, but you must learn to endure and keep focused on your objectives! It's possible that you won't adjust to this additional burden right away. Adjust it a little and don't put too much pressure on yourself. The good news is that each new workout will be easier, and the physical pains will fade with time.

Here are some tips to relieve muscle pain:

- Take a bath or shower at alternating temperatures after training.
- Use ointments that activate the circulation.

• Slow down the pace or give some rest to your body.

• Do a little sauna session to unwind your strength.

Coffee beans, bee-troot, or cherries have antioxidants and have anti-inflammatory properties that will relieve your muscles or prevent tension.

To conclude, it will therefore be necessary to show willingness and patience. And as soon as the first results are visible, you can be proud of yourself. Remember this quote: *"The best way to prepare for a goal is to imagine that you have already reached it." - Dominique Glocheux*



7

Change Your Habits to Change Your Life!

Good habits are the key to all success. Bad habits are

unlocked door to failure

-Og Mandino

WHEN YOU WANT TO ACHIEVE AN IMPORTANT GOAL, it is essential you change some of your current habits with new ones, whether for personal use, such as losing weight, getting in shape, improving your situation or finances. If for a professional purpose, such as starting a business, getting a promotion, increasing your clientele, remember changes are still necessary although different types of changes.

Abandoning certain reflexes and acquiring others is a huge challenge for the human being, and we often underestimate the amount of effort needed to reach our goals. But if we succeed in changing some bad habits for us by better ones, our chances of realizing our dreams and our goals will be very strong.

To change your habits, it is important to understand how they are created. The starting point for creating a habit, reflex or addiction is a new action you are doing that generates at home:

- An increase in your happiness,
- A decrease or elimination of suffering, or both.

If you do the same thing on a frequent basis, it will eventually become a habit. In summary, your perspective of what will bring you pleasure (typically in the short term) and alleviate your pain is at the root of this habit. The longer time passes, the more ingrained this

practice will become.

Is it possible that a once-pleasant habit has become unpalatable today? Absolutely, since there are no such things as good or bad habits; it all depends on what you want and what your objectives are. So, how can you break a habit you don't want? You must alter your emotional views as a result of your habit. For years, your inner voice told you that this habit brought you happiness, but it now informs you that this is no longer the case: you need to modify your brain's programming.

Reprogramming thoughts about what's good or bad for you is difficult, so here's a four-step approach that will definitely help you succeed in this changing of habit:

Step 1: What are your goals in the short, medium and long term? The first task is to identify the goals you really care about and want to achieve. It's your goals that will determine whether a habit is good or bad for you.

Step 2: Why should you achieve this goal? This step is the most important because the answers will become your motivation. The more your "why" is strong and intense, the greater your chances of success. Occasionally, only one "why" suffices. I will give you an example. Suppose you smoke and your goal is to stop. During your last visit to your doctor, he told you, "If you do not stop smoking immediately, you will die in six months". Faced with such an ultimatum, it is obvious that only one "why" will provoke in you a shock powerful enough to cause you to radically change your perception and your habit. When you hear bad news such as health problems, layoff, divorce, bankruptcy, etc. it's the best time to change your perceptions and take advantage of this distressing situation. An emotional shock is usually an opportunity that predisposes you to make a change.

You will just have to respond differently if no unfortunate occurrence occurs. Make a list of reasons why you think you need to

change. The longer this list is and the more compelling the arguments, the more likely you are to succeed. Consider the advantages of replacing an old reflex with a new one that will help you not only in the short term but also in the long run. Find ten, twenty, or thirty, even if it takes you a few weeks to do so. At the conclusion of this exercise, it should be evident that the new habit should provide you with significantly greater joy or significantly reduce your pain.

Step 3: What is your action plan? What should you do to achieve your goal? Is it less eating? To exercise? To follow this or that course? Etc. Make sure you are very specific in your action plan. This step is the easiest to establish, but if you do not know how to do it, have a mentor or coach help you, read about it, and so on.

Step 4: Monitoring, rigor and measurement of results. To find out if you are progressing toward your goal in adopting the new habit, you need benchmarks to measure where you are. When you feel that you have progressed and your efforts are starting to work, it motivates you to maintain the direction.

Sounds easy, doesn't it? Well, think again because it's not. Changing your mental programming about your perceptions and habits is very difficult to perform. If you're not ready, then wait for the best time, but do not make the mistake of falling asleep for a long time doing nothing to change. This inaction will eventually come to haunt you.

If you do not succeed the first time, repeat using the same four step approach, but go deeper. Whatever your strengths, your weaknesses, your qualities, your faults, you, as a human being, always have the freedom to take charge of yourself, to never give up and to triumph and not to be a victim. The path of life is long, but it is also enjoyable, especially if you make the decision to get closer to your goal a little more each day by changing your habits.

CONCLUSION

THANK YOU FOR READING THIS BOOK. In closing I want to remind you of ONE important fact, BETTER HEALTH isn't just about weight. I really hope you get a lot of great value out of this

book. Take advantage of my special recommendation, click here now to get more on how you can lose unwanted belly fat within weeks, have BETTER HEALTH and save yourself from a sudden heart attack that kills easily and quickly. .

Again, do you know you can lose fat fast by drinking amazing smoothie? Yes! Give yourself a boost without consuming harmful caffeine. Click here and here to read more about my two recommendations. Let me know what you think by contacting me personally at grasp.digital.solutions@gmail.com

Looking forward to hearing from you.